



Instructions:

## Muffin Mix

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique



**YIELD: 12 large and 15 medium muffins**

**PREPARATION: 15 MINUTES**

**COOKING: 30 MINUTES**

---

### ORGANIC INGREDIENTS

- 1 pack [Muffin Mix](#)
- 2 large eggs or [egg substitute with chia](#)
- 125 ml (1/2 cup) light olive oil
- 315 ml (1 1/4 cups) plant-based milk substitute\* of your choice
- 7.5 ml (1 1/2 tsp) vanilla extract
- 250 ml (1 cup) nuts, seeds, dried fruits, or dark chocolate chips, depending on your mood

---

### PREPARATION.

1. Preheat oven to 180 °C (350 °F).
2. In a bowl, combine eggs, oil, plant-based milk substitute\*, and vanilla extract. Beat with an electric mixer until foamy (about 2 minutes).
3. Stir muffin mix into the liquids and mix, using an electric mixer, until batter begins to thicken (about 1 minute).
4. Pour batter into muffin tins lined with paper moulds.
5. Bake on the centre rack for about 30 minutes, until a toothpick inserted in the middle comes out clean.

Cooking time may vary from oven to oven.

### TIP

\* If you do not follow a dairy-free diet, replacing milk substitute with cow's milk is an option.